



23

HOW TO SAY IT IN

Ladakhi, English, Francais, Hindi

Here are some important sentences, which
the Tourists/Trekkers/Tourist Guides/Students

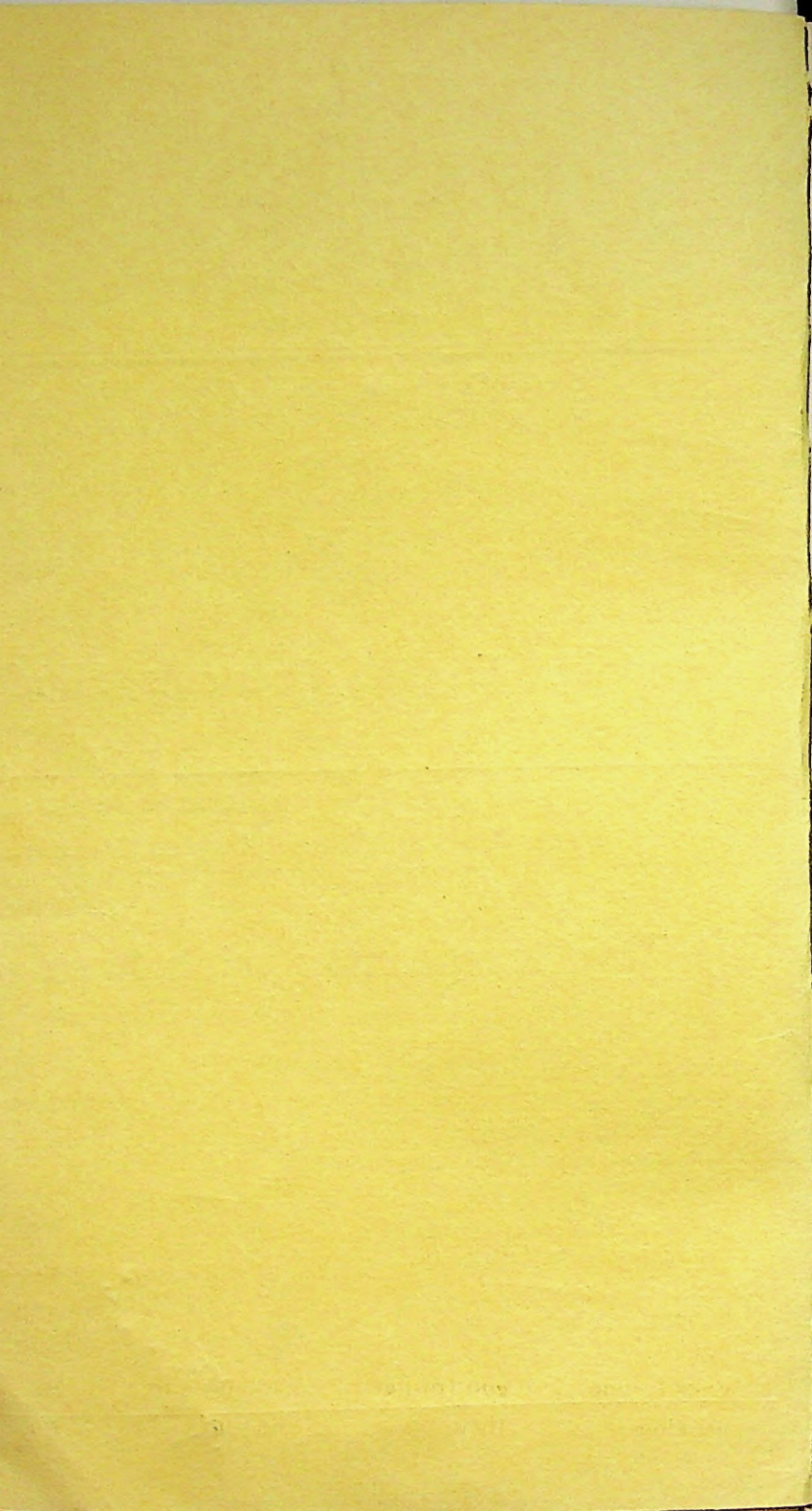
★ Use frequently with love ★

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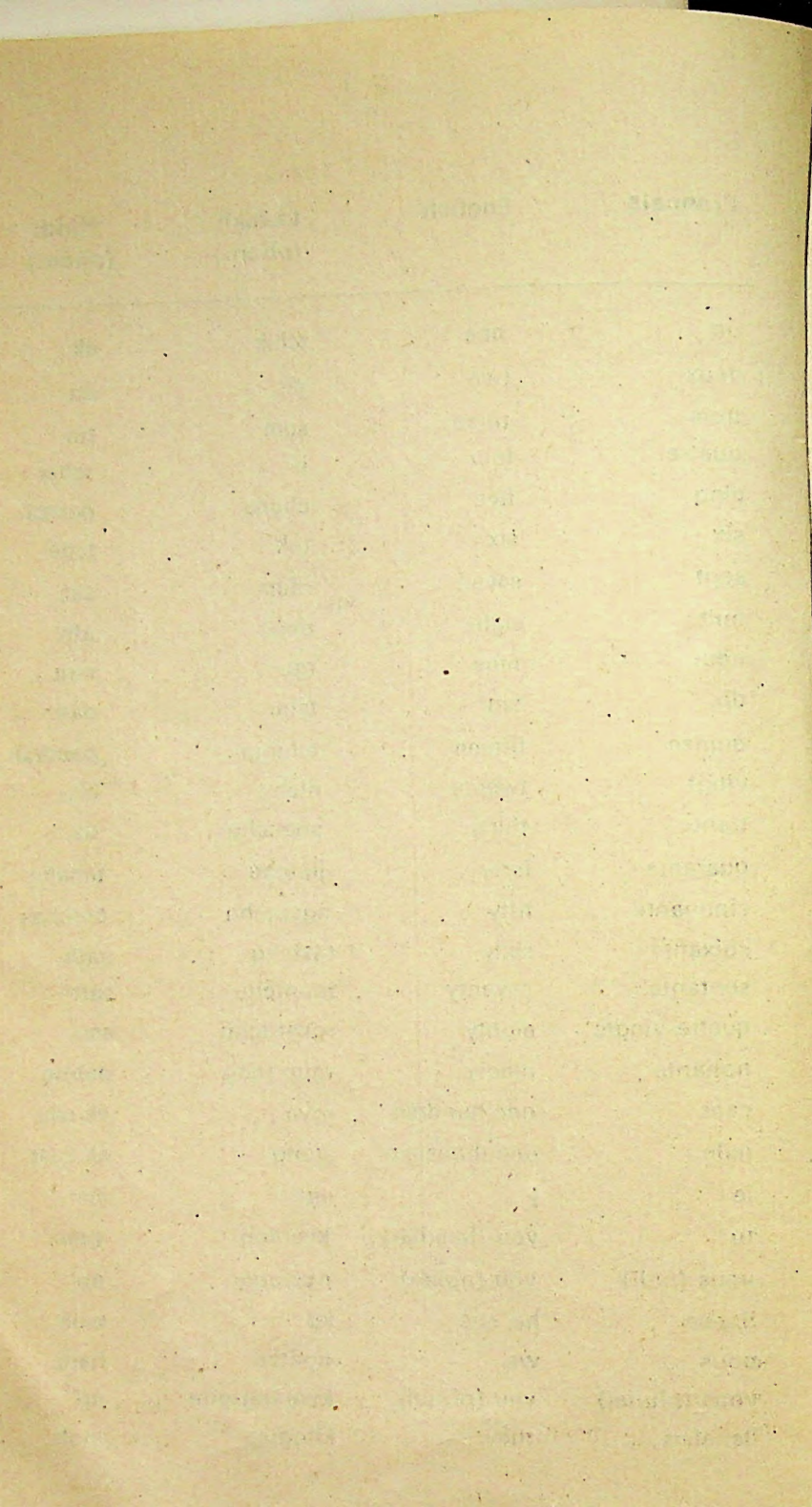
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Tsering Rigzen (Regd.)
Seachan General Merchant
Bus Stand Leh (Ladakh)
- 2 Leh ling Stationery Shop
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PHUNCHOK TANGAIS
S. R. O. Mountraneer
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Francais	English	Ladakh (phon.)	Hindi (phon.)
un	one	tchik	ek
deux	two	nis	do
trois	three	sum	tin
quatre	four	ji	tchar
cinq	five	chgna	pantch
six	six	tuk	tche
sept	seven	rdum	sat
huit	eight	rgyet	ath
neuf	nine	rgu	nau
dix	ten	tchu	das
quinze	fifteen	tchuga	pandrah
vingt	twenty	nichu	bis
trente	thirty	somtchu	tis
quarante	forty	jiptchu	tchalis
cinquante	fifty	ngaptchu	petchas
soixante	sixty	tuktchu	sath
septante	seventy	rduntchu	sattr
quatre-vingts	eighty	rgyet tchu	assi
nonante	ninety	rgup tchu	nabbè
cent	one hundred	rgya	ek sau
mile	one thousand	stong	ek azar
je	I	nga	me
tu	you (familiar)	kyorang	tum
vous (poli)	you (polite)	nyerang	ap
il, elle	he, she	ko	woh
nous	we	ngatzo	ham
vous (pluriel)	you (plural)	kyorang-gun	ap
ils, elies	they	khogun	weh



Francais	English	Ladakhi (phon.)	Hindi (phon.)
mon	my	nge	mera
ton	your	kyorangi	tumhara
son, sa	his, her	khon gi	is ka, us ka
notre	our	nga chi	hamara
votre	your	nyerangi	ap ka
leur	their	khong-guni	in ka, un ka
roi	king	gyal po	raja
reine	queen	gyal mo	rani
ministre	minister	lhon po	mantri
pere	father	aba	pita (ji)
mere	mother	ama	mata (ji)
frere ame	elder brother	atcho	bara bhai
fiere cadet	younger brot.	no	tchota bhai
soeur ainee	elder sister	atche	bari bahih
soeur cadette	younger sister	nomo	tchoti bahin
grand-pere	grandfather	meme	nana
grand-mere	grandmother	abi	nani
tante (pat.)	aunt (father'ss.)	ani	tchathci
oncle (pat.)	uncle (father'ss.)	ajang	mama
tante (mat.)	aunt (mother'ss.)	matchung	mami
oncle (mat.)	uncle (mother's.)	agu	tchatcha
maison	house	khangpa	gher-
feu	fire	may	ag
table	table	tchok tse	mez
chaise	chair	theushing	kursi
verre	glass	kore	gilass
assiette	plate	thabag (thali)	thali
cuillere	spoon	thur mangs	tchamatch
couteau	knife	ti	tchaku tchura
tente	tent	kur	tambu
bagage	luggage	khuru	saman
sac	bag	jola	bori
nourriture	food	zachess	khana (bhojan)
viande	meat	sha	gosht

French	English	Labakh	Thibet
village	meat	shu	goshu
nourture	food	zachos	khana (nour)
soe	bag	jola	bad
bagage	luggage	khun	samen
terre	rent	kur	tambu
coussin	knife	ti	(khu) tchu
couteau	scissors	thunanga	tchamatch
assiette	plate	thabag (thab)	trali
verre	glass	kore	glasse
chaiee	chair	thushing	kuch
table	table	tochok so	maz
feu	fire	may	og
maison	house	khongga	gher-
oncle (mat)	uncle (mother's)	zga	rethana
tante (mat)	aunt (mother's)	machung	trami
oncle (pat)	uncle (father's)	ajang	mama
tante (pat)	aunt (father's)	am	ichatchi
grand-mère	grandmother	api	nani
grand-père	grandfather	trams	nana
soeur cadette	younger sister	nomo	ichon baki
soeur aînée	elder sister	atche	bad baki
frère cadet	younger brother	no	retho baki
frère aîné	elder brother	atche	bak baki
mère	mother	ava	(mère) (i)
père	father	aba	ghe (p)
marriage	marriage	thun so	manat
celib	puer	gyel mo	tani
roi	king	gyal po	raja
leul	trait	khong-gum	is ka, on ka
votte	your	gyeang	so ka
notre	our	nga-chi	namra
soi, sa	his, her	khon gi	is ka, sa ka
toi	your	kyang	tunbata
mon	my	nge	meta

Francais	English	Ladakhi (phon.)	Hindi (phon.)
aujourd'hui	today	dering	aaj
demain	tomorrow	thorə	kal + future
hier	yesterday	dang	kal (bita hua)
matin	morning	ngatok	savere
soir	evening	pitok	sham
semaine	week	donchak	hafta
mois	month	lda	mahina
cette annee	this year	e lo	is saal
l'annee dern.	last year	na ning	pishla saal
l'annee prochaine	next year	nang mo	agla saal
printemps	spring	spid	basant
ete	summer	yar	garmi
automne	autumn	ston ka	patchar
hiver	winter	rgun ka	sardi
chaud	warm	tsang te	garam
froid	cold	tang mo	thada
blanc	white	karpō	safed
noir	black	nakpo	kala
jaune	yellow	serpo	peela
rouge	red	marpo	laal
bleu	blue	ngon po	neela
vert	green	ljangku	haraa
lourd	heavy	chinte	bhari
leger	light	yang mo	halka
ronde	round	kirkir	gol
plat	flat	lelep	gira hua
grand	large	chenmo	barha
petit	small	chungun	chhota
proche	close	nyemo	nazdik (band)
lointain	far	takring mo	dur
peu	few	kachig	kam
beaucoup	many, much	mang po	bahut
vite	quickly	gyogspa	jaldi
lentement	slowly	ir kulay-la	dhire

ouest	west	nup tchogs	pachim
vent	wind	lungs po	hava ka chalna
pluie	rain	tchar pa	barish
neige	snow	kha	barf
ciel	sky	namka	aasmaan
solei	sun	gni ma	suraj
lune	moon	lda wa	chaand
etoile	star	skarma	taara
col	pass	la	aage niklna
riviere	river	tsangs po	nadi
montagne	mountain	ri	paharh
plaine	plain	spang	medaan
vallee	valley	lung pa	ghatti
route	road	lam	raasta
champ	field	jing	khelne ka medaan
terre	soil	sa	mitti
or	gold	ser	sona
argent	silver	mul	chaandi
corail	coral	churu	munga
perle	pearl	mutik	moti
pierre	stone	rdo	pathar
turquoise	turpuoise	yu	phiroza (urdu)
sable	sand	pema	balu (ret)
herbe	grass	sa	ghas
fleur	flower	mentok	phul
arbre	tree	tchang ma	briksh (perh)
bois	wood	ching	lakri
lundi	Monday	sa ldaua	somvaar
mardi	Tuesday	sa migmar	mangalvaar
mercredi	Wednesday	sa lhakpa	budhvaar
jeudi	Thursday	sa purbu	brahspativaar
vendredi	Friday	sa pasang	shukarvaar
samedi	Saturday	sa spenba	shanivaar
dimanche	Sunday	sa nyima	ravivaar

quest	west	nup tshogs	paschim
vent	wind	lunga po	hava ka chala
pluie	rain	toher pa	barah
neige	snow	kha	bar
ciel	sky	garika	asaman
soleil	sun	gni ma	sonaj
lune	moon	lha wa	chanda
grotte	star	skams	tas
col	pass	la	sage niklas
riviere	river	tsanga po	nadi
montagne	mountain	ti	garhi
plaine	plain	spang	medan
vallee	valley	lung pa	ghatti
route	road	lam	rastra
champ	field	ling	khaine ka meda
terre	soil	sa	mitu
or	gold	sei	sons
argent	silver	mol	chandi
coail	coral	chun	munga
perle	pearl	morik	mott
piere	stone	ida	patha
turquoise	turquoise	yu	phusa (fard)
sable	sand	bens	balu (fat)
herbe	grass	sa	ghas
fleur	flower	mentok	phul
arbre	tree	tsang ma	bars (pau)
bois	wood	ching	lakh
lundi	Monday	sa idau	sonvair
mardi	Tuesday	sa migar	mangavair
mercredi	Wednesday	sa thokpa	phudvair
jeudi	Thursday	sa phub	pharavair
vendredi	Friday	sa tsang	shukavair
samedi	Saturday	sa spang	shanivair
dimanche	Sunday	sa nyima	rayvair

Francias	English	Ladakhi (phon.)	Hindi (phon.)
legume	vegetable	tseutma	sabzi
poisson	fish	gna	matchli
beurre	butter	mar	makkhan
pam	bread	tagi	rori
sucre	sugar	khara	tchini
cereale	cereal	nasse	anadj
farine d'orge	barley flour	tsampa	jou ka atta
ble	wheat	to	gehun
orge	barley	chi rok	djo
riz	rice	dass	tchavel
yogourt	curd	jo	dahi
fruit	fruit	shintok	phal
abricot	apricot	pating	khubani ka phal
pomme	apple	kuchu	seb
eau	water	tchu	pani
the	tea	tcha	tchai
lait	milk	oma	dudh
cheval	horse	sta	ghora
ane	donkey	bung bu	gadaha
chien	dog	khi	kuta
mouton	sheep	lug	bher
chevre	goat	rama	bakri
vache	cow	balang	ghaye
poule	hen	chamo	murgi
coq	cock	chapo	murga
oiseau	bird	chipa	pakshi
corbeau	crow	porok	koya
temple	temple	lhakha	mandir
monastere	monastery	gomp _a	math
moine	monk	tapa (la ₁ a)	bhikshu
portier	monastery porter	kom gn'er	math darvaa
nord	north	tchan tchogs	utter
sud	south	lho tchogs	dakshin
est	east	char tchnge	purv

Francian	English	Ladakhi (phon.)	Hindi (phon.)
legume	vegetable	lasuuna	asoti
poisson	fish	gna	matani
peurre	butter	ma	makhan
pain	bread	tagi	roti
sucree	sugar	khara	tehini
cereale	cereal	masa	anadi
farine d'orge	barley flour	tsamga	jou ka ata
ble	wheat	to	gohan
orge	barley	chi tok	djo
riz	rice	dasa	teharai
yogourt	curd	jo	deni
fruit	fruit	shintok	phal
apricot	apricot	patang	knubani ka p
potiron	apple	kucha	seb
eau	water	tohi	pani
the	tea	toha	tohai
lait	milk	oma	dooh
cheval	horse	eta	ghora
ane	donkey	bung bu	gadaba
chien	dog	khi	kuta
monton	sheep	lag	phar
chevre	goat	rana	bakri
vacche	cow	balang	ghaye
poule	hen	chamo	murgi
cog	cock	chapo	munga
oiseau	bird	chiba	pakshi
corbeau	crow	porok	koya
temple	temple	thakpa	mandu
monastere	monastery	gomp	math
moine	monk	tepa (la, a)	bhikshu
potlier	monastery potter	kam gaei	math dar
nord	north	tohan totpa	uttar
sud	south	lho totpa	dakshin
est	east	cham totpa	purv

Francias	English	Ladakhi (phone)	Hindi (phone)
oui	yes	yot	han (ji)
non	no	met	(ji) nahin
Bonjour	hello	djule	namaste
Comment allez-vous ?	How are you ?	rdemo ina ?	ap kaisn hain ?
Je vais bien	I am fine	kysa dju	main thik hun
Entrez	Come in	skyodang	ayiye
Asseyez-vous	Sit down	Juksa zath	bethiye
D'ou venez-vous ?	Where do you come from ?	kaong na chkot pin ?	kahan se ah rahe hain
Ou allez-vous ?	Where are you going ?	karu chkyo dat ?	kider dja ap ja rahe hain
Je vais a Leh	I'm going to Leh	nga le-a chat	main le tak dja raha hun
Ou demeurez vous ?	Where do you live ?	nyerang karu Juk sat ?	ap kahan rahte hain ?
Je vis a Leh	I live in Leh	na leh la do gath	main le rehta hun
Combien coute ce livre ?	What is the price of this book ?	i specha rin tsam in ?	is kitab ka dam kya hai ?
60 roupies	Sixty rupees	i rin khirmo tukchu inok	sath rupay
Avez-vous du svcre ?	Do you have any sugar ?	karra yoda ?	apke pass chini hai ?
Est-ce le chemin pour Padum ?	Is this the way to padum ?	i lamne padumla ?	ye padum ki taraf hai ?
Est-ce loin ?	How far is it ?	nyima tsam gorin ?	kitni dur aur hai ?
Il fault 3 jours	Three days more	nyima sum gorin ?	tin din aur
Y a-t-il des chexaux ?	Are there horses available ?	sta thop bi na ?	kya gore milenge ?
Oui il y en a	Yes there are	sta thop bin	hanji milenge
Merci	Thank you	djule, thugdzetche	dhaniabad (hindi) shukria (urdu)

English	French	Spanish	Portuguese
What is your name?	Quel est votre nom?	¿Cuál es su nombre?	Qual é o seu nome?
How do you do?	Comment allez-vous?	¿Cómo se encuentra?	Como se encontra?
Are you married?	Êtes-vous marié(e)?	¿Está casado(a)?	Está casado(a)?
Where are you from?	D'où venez-vous?	¿De dónde es usted?	De onde é você?
What is your address?	Quelle est votre adresse?	¿Cuál es su dirección?	Qual é o seu endereço?
What time is it?	Quelle heure est-il?	¿Qué hora es?	Que hora é?
Is it raining?	Il pleut-il?	¿Está lloviendo?	Está chovendo?
What is the weather like?	Quel temps fait-il?	¿Cómo está el tiempo?	Como está o tempo?
How much does it cost?	Combien ça coûte?	¿Cuánto cuesta?	Quanto custa?
Can you speak English?	Parlez-vous anglais?	¿Habla inglés?	Fala inglês?
Do you have a car?	Avez-vous une voiture?	¿Tiene un coche?	Tem um carro?
What is your job?	Quelle est votre profession?	¿Cuál es su profesión?	Qual é o seu trabalho?
How long have you been here?	Combien de temps êtes-vous ici?	¿Cuánto tiempo ha estado aquí?	Quanto tempo é que está aqui?
Are there any hotels nearby?	Y a-t-il des hôtels à proximité?	¿Hay hoteles cerca?	Tem hotéis perto?
Yes, there are.	Oui, il y en a.	Sí, hay.	Sim, tem.
Thank you very much.	Merci beaucoup.	Muchas gracias.	Muito obrigado(a).

Ladakh

One of the newest "adventure" travel opportunities within India is the remote and rugged Himalayan region of Ladakh, only recently opened to air travel, with Indian Airlines services to Leh. Lying north of Srinagar, from which it can be approached by road, Ladakh borders on China to the north and east. The territory of Ladakh, representing 70 percent of the total area of Jammu and Kashmir State, is one of the highest regions of the earth. With a total population of only 120,000, Ladakh has one of the lowest population densities in the world of about 2 to 3 per square mile. For the most part inhospitable and craggy, the forbidding terrain is arid beyond belief, with mountain peaks soaring 3 to 4 miles high. The joint effects of elevation and isolation amid snowy mountains produce perhaps the most unusual climate in the world. Burning heat by day is succeeded by piercing cold at night, and everything is parched by the extreme dryness of the air. The annual rainfall rarely exceeds 3 to 4 inches. As one drives along the ups and downs of arid, barren, sun-beaten and windswept mountains for miles and miles, there is no sign of human being, bird or tree, just deserts of granite dust, bare crags and mountains of different hues, which give a feeling of being somewhere on the lunar surface.

In spite of this forbidding terrain, Ladakh has its own charm and attraction for the tourist. Pink granite contrasting with a deep blue sky, brisk sunshine, keen air and green valleys dotted like oases in a vast desert present a goal worth visiting. There is great cultural variety among the peoples inhabiting different river valleys.

The most striking feature in the physical aspect of Ladakh is the way in which its mountain ranges run across it from southeast to northwest. This general direction of mountain chains determines the courses of the rivers as well as the boundaries of the natural divisions of the area. The ranges from west to east are the main Himalayan, the Zaskar, the Ladakh, the Muztagh and the Kuen Lun ranges. According to its system of rivers, Ladakh can be divided into a number of valleys, the principal one being that of the Indus which runs through the entire length of the region from southeast to northwest.

Exploring Ladakh

Ladakh is connected with Kashmir valley by a black-topped road which remains open from May to November. The road passes through picturesque villages on the banks of the River Sindh, leaving the valley at the lush green Meadow of God (Sonamarg). The first pass to be crossed in order to reach Ladakh is Zoji-La (11,578 ft above sea level). On the other side of the pass starts the Drass Valley. The two sides of the Pass consist of green-clothed, forest-clad hillsides, while the Ladakh side is arid, bare and stony.

Below Tashgam starts a granite country, the mountains rising on both sides to serrated ridges of 17,000 to 18,000 ft, the whole vertical height down to the river being of bare, irregular, broken cliffs and shale.

Kargil, the second largest town of Ladakh (population 2,800) is situated on the left bank of the River Suru which flows into the Indus at Marul. The Suru Valley, with Kargil as the headquarters, is peopled by Moslems. The villages in this area are about 9,000 ft. above sea level. There is less snow in winter, and the sun has a greater force and warmth, stimulating the abundance of fruit trees, mainly mulberry and apricot. Willows and poplars grow along the water courses in the terraced fields.

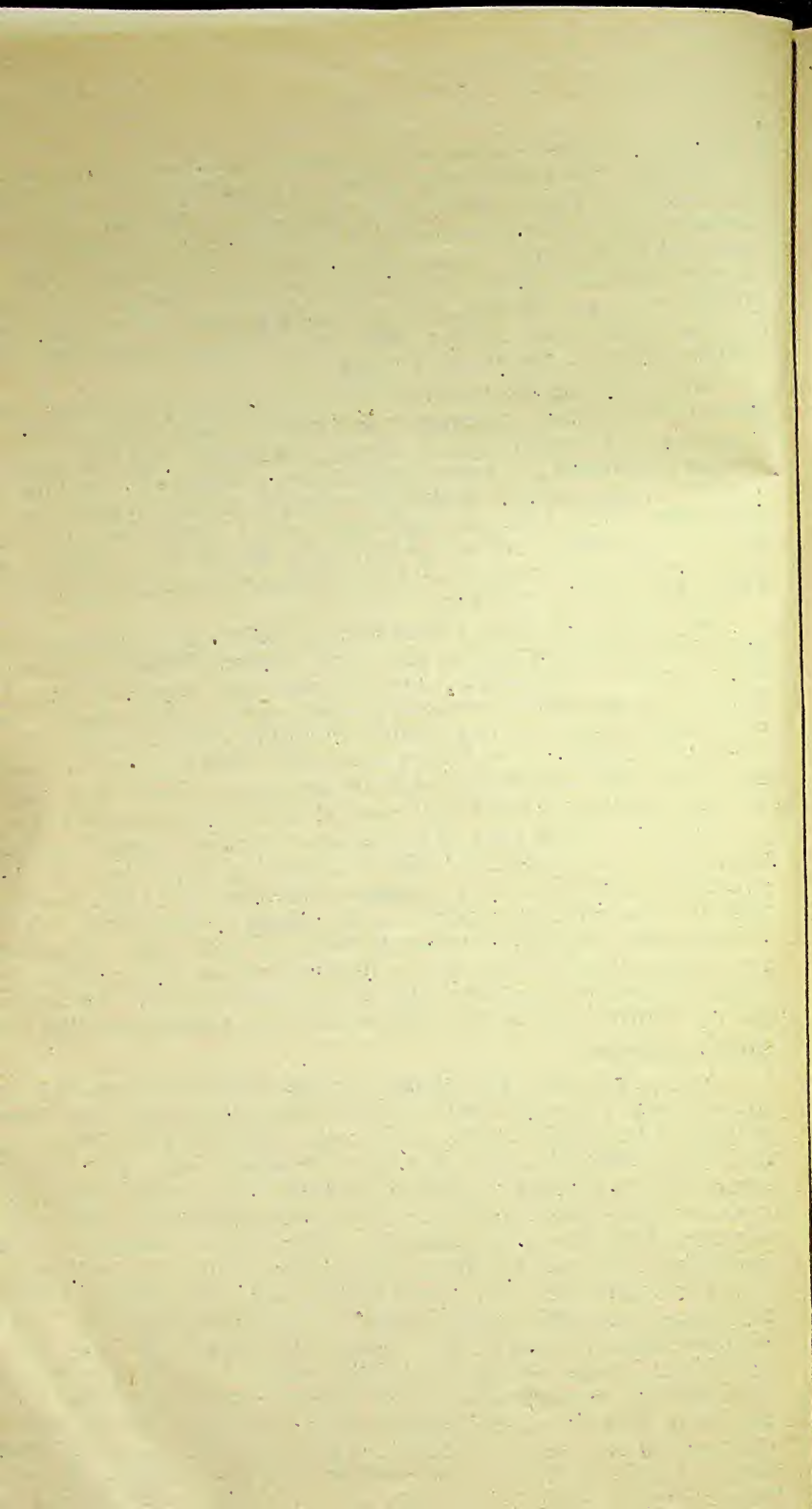
After crossing the Suru the road goes along a flat sandy plateau and then again descends into a narrow valley. Following the course of the stream it passes through Mulbekh, the first village having a monastery of some significance, perched on a high rock. There is a large statue of Maitriya (future Buddha) carved on a road side. From here the road turns into a landscape of lunar dunes and climbs to the top of 12,200 ft. high pass of Namika-La. The road then winds up toward the highest pass on the Srinager-Leh road, Fatula (13,479 ft.).

About half-an-hour's drive from the windy and chilly Fatula brings one to the mysterious Lamayuru, Ladakh's oldest monastery. After a curve in the road, Lamayuru suddenly appears, an old Tibetan village with a monastery situated on top of a rock. The road crosses the Indus near Khalse, with ruins of Zorawar Fort adjacent to the bridge. From Khalse onward the road follows the Indus almost continuously and is more or less level. As the road nears Leh, it passes along a number of terraced plains of considerable length.

Situated at the apex of a triangular plateau formed by the Indus, at an altitude of 11,500 ft. above sea level, Leh is the capital of Ladakh. It is a compact small town of 12,000 people, and its most striking building is the palace of the former rulers. Houses cover the lower slopes that rise up to the spur on which the palace stands, rising boldly for eight or ten stories from the rock. Higher up the same ridge are the monastery and the towers of an old fortification. On the plain below is the newer part of the town.

Snow Bridges

A word of warning for those who are adventurous enough to follow these entrancing valleys right to their watershed: let them beware of leaving it too late in the year. Such treks as these can only be accomplished with a guide. The danger lies in the melting snow. Up to the end of May, or the beginning of June, the snow-bridges can be relied upon. After that date they can be most treacherous. And what is termed a "snow-bridges" in Kashmir is, in its early phase at least, hardly a bridge at all. During the heavy winter falls the ravines get filled in and bridged over with snow, the mountain torrent forcing its way through in a tunnel underneath. Thus, until the thaw has set in, it is possible to walk up and down these precipitous gorges on top of the snow, with the river hurtling its way through beneath, unseen and unheard. But, once the snow begins to melt these bridges become so slender at the middle of their arch that they may snap at any moment—and this quite often means a drop of fifteen to twenty feet. The snowbridge may already have ceased to meet in the middle, leaving a gap of two or three feet.



The guide will lend a hand across and tell you to jump. You do—and all is well as you hasten off on to the firmer portions of the wilting structure. The safest trip is the gaint snowbridge at Chandanwari, a 10 miles' pony trek from Pahalgam.

Continuing our return journey down the Liddar Valley, we arrive at Anantnag, where we rejoin the Vale of Kashmir. This place is famous for its springs and here we find ourselves once more in the land of the spreading 'chinars' and the popular avenues.

Trekking and Climbing

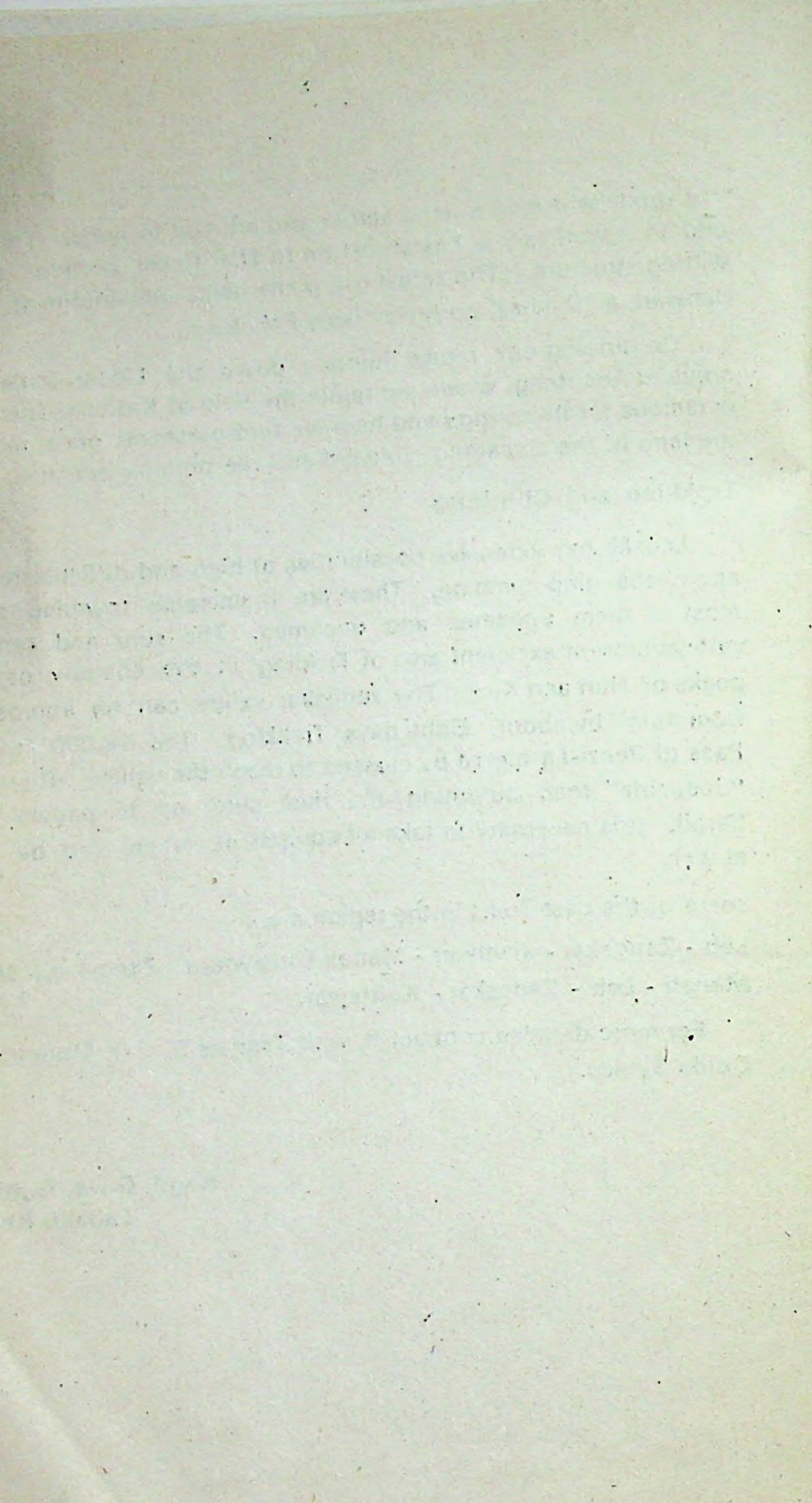
Ladakh has extensive possibilities of high and difficult trekking and challanging climbing. There are innumerable towering peaks, most of them unnamed and unclimed. The suru and zangskar valleys present excellent area of Trekling in the shadow ot high peaks of Nun and Kun. The zangskar valley can be approached from Kargil by about, Eight days Trekking. The 14,000 ft. high Pass of Penzi-La-has to be crossed to reach the valley. There is a "Jeepable" road bulloning the river sure up to padum from Kargil. It is necessary to take all equipment, where can be hired at Leh:

some of the best Treks in the region are,

Leh - Zangskar - Kishtwar - Manali Lamayouru - Zangskar - Manali,
Manali - Leh - Zangskar - Kishtewar.

For more detailed contract P. with Tangais S. R.O. Mountraneer Guide Sirvice.

**Regd. Govt. Guide of
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